

**AVAILABLE DAILY
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equals a mile. Monday - Friday from 8 a.m. until 3:45p.m. **Unless there is a scheduled activity.**



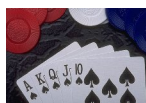
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 mile. Exercise and enjoy the beautiful Summer scenery.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL:** Pool tables are available Monday, Tuesday, Thursday & Friday from 8:00 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



- **CORN HOLE:** You can try your luck at Corn Hole games in the lower level Monday thru Friday from 8:00 a.m. to 3:45 p.m. Check with staff on the availability of the room when you come in.

**RAINBOW MESSENGER
AUGUST, 2014**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday from 9-10:30 a.m. Ryan is here to assist you and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop.



REGULAR SCHEDULED ACTIVITIES

- **TLC CLASS (Tender Loving Crafts)** Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every Tuesday morning from 10 to 12. Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational and a super way to meet new friends.



August 5th - Paper Beads
August 12th - Paper Bead Necklaces
August 19th - Southwest Items
August 26th - Catch up

- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at **The Timbers in Jasper at 10 a.m. on Friday, August 15th.**



- **BINGO:** Will be played at **12 p.m. Tuesdays, August 5th and 19th.** We ask you to keep bills to \$5 and under. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. *****You may want to bring a sweater or jacket, it sometimes gets cool.**

BINGO									
7	25	44	57	62					
15	22	40	50	70					
11	30				FREE SPACE	46	74		
2	28	37	55	68					
10	27	39	59	75					

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesdays, August 5th and 19th.**



- **EXERCISE CLASS:** Is held every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!



- **WALK FIT VIDEO:** Come in at **9:45 a.m. on Monday & Thursday mornings** for a group fitness walk video. It is a great way to get your heart pumping and you go at your own pace! A staff member is with the group and will help guide you through the video.

CARD TOURNEYS



- **Thursday, August 7th**
Cinch Tourney
- **Thursday, August 14th**
Sheephead Tourney
- **Thursday, August 21st**
Rum Tourney
- **Thursday, August 28th**
Euchre Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and prizes are awarded to 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the Tourney you are playing in.

• **TEXAS HOLDEM:** Will be played **Mondays, August 11th & 25th at 12:30 p.m.** There is a \$1.00 charge for the chips and the winner receives a cash prize. **Reservations are due by 10 a.m.** the day of the game.

• **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. Wednesday, August 6th & Friday the 15th.** It's a fun game that is easy to learn. Everyone is welcome! We play a quarter a game with the low score winning. **Please call in by 10 a.m. if you are coming in to play.**



• **PAY-ME:** A game similar to Rum but played with 3 decks of cards including the jokers will be played at **12:30 p.m. Friday, August 8th and Wednesday the 27th.** Bring your change, we play for 10¢ a round and 25¢ a game. **Please let us know by 10 a.m. if you are coming in to play.**

RAINBOW MESSENGER

• **TRIOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. Monday, August 4th & Wednesday the 20th.** We have a lot of fun! **Please call in by 10 a.m. game day** if you would like to play.

• **SCRABBLE:** How about a little challenge? Come in and play Scrabble at **12:30 p.m. Tuesdays, August 12th & 26th.** **Please sign-up by 10 a.m. game day** if you plan to attend.

• **PHASE-10:** Will be played **Tuesday, August 12th & Friday the 22nd at 12:30 p.m.** It is a fun easy card game. We play for a quarter a game. **Please call in by 10:00 a.m. the day of the game** if you would like to play.

• **HEARTS:** Is a fun group game we will play at **12:30 p.m. Friday, August 1st & Wednesday the 13th.** We play a quarter a game with low score winning. **Call in by 10 a.m.** if you will be able to come in to play.



SPECIAL ACTIVITIES

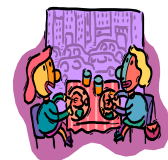
• **BOOK CLUB:** Will meet **Thursday, August 14th at 12:30 p.m.** to discuss, **"Infidel" by Ayaan Hirse Ali.** The September selection is **"Trapeze" by Alan Mawer.** The book is set during World War II. A young bilingual woman is trained by the British to spy for them in France. This book is a mixture of fact and fiction and has all the elements of a great book!



• **BOOMERAMA:** **Monday, August 18th at 12 p.m.** Ken Schultz will give the presentation entitled, **Healthy Motivation**. Come in and be motivated to be your best self!! The presentation is free. There is a \$5.00 charge to cover the cost of the optional lunch. **Reservations are due by 3 p.m. Friday, August 15th.**



• **LUNCH BUNCH:** Will meet at **Snap's Restaurant Wednesday, August 13th at 11 a.m.** They have a lunch special for \$6.99. We always go "dutch treat". Come enjoy good food and visit with old friends & make new ones! Please make your **reservations by 3p.m. Thursday, August 7th.**



• **CATERED MEAL:** **"Betty's Daughter's Catering"**, a new catering business started by Betty Heichelbech's daughter, Beth, will be providing the food for our meal on **Tuesday, August 26th at 12 p.m.** Our menu will be: Meatloaf, mashed potatoes, corn, lemon pepper cabbage, broccoli-cauliflower salad, homemade yeast rolls & unsweetened tea. **Cost of the meal is \$8.00.** Please make your **reservations by 3 p.m. Thursday, August 21st.**



- **Wii GAMES:** The Center has a Wii game hooked up to the large screen T.V. in the lower level of the facility. Golf, Tennis, Bowling, Boxing and Baseball are available for you to play. For an aerobic workout we have Zumba & Just Dance programs.



- **PUZZLES:** We have one on the table in the computer room for anyone who would like to help. Put a few pieces together in passing or sit for awhile.



- **MAH JONGG:** Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m. (If you can play on Wednesday please call in by 10 a.m. to let us know)** New players are always welcome.

- **WATER AEROBICS:** Jasper Municipal Pool **Monday & Wednesday mornings at 11 a.m. The last day for aerobics will be Wednesday, August 6th.** The cost of the 45 minute class is \$4.00 per person, or a swim ticket.



JULY Patti's and Badgett's Trip

The bus will leave from the Jasper High School southwest parking lot at 8 a.m. Friday, July 25th and pick up passengers at Huntingburg Methodist Church at 8:15 a.m. Rest stops to stretch your legs will be made on the way to Grand Rivers and on the way back. We should be home around 8:30 p.m.

REMINDER: Trips will be leaving from the Jasper Armory again beginning with Ellis Park.



AUGUST Ellis Park Trip

Seats are still available for horse racing trip Friday, August 29th. Buses will leave the Jasper Armory at 11 a.m. & pick-up in Huntingburg at 11:15. Cost of the trip is \$55.00 and includes transportation, buffet, race schedule and reserved seating in the air conditioned Sky Theatre. **Money is due by 3 p.m. Friday, August 1st.** We are staying for all the races and should be home by 7 p.m.



SEPTEMBER Derby Dinner Trip



Church Basement Ladies, A Mighty Fortress

We will attend the matinee performance on **Wednesday, September 10th. Sign-up by phone starting at 7:30 a.m. Monday, July 28th.** Money is due by 3 p.m. Monday, August 18th. **Cost of the trip is \$61.00** for: buffet, coffee or tea, ticket and transportation. **Buses will leave the Jasper Armory at 9:30 a.m. on the 10th & pick-up in Huntingburg and Ferdinand upon request.**



BASEBALL TRIP Cincinnati Reds & St. Louis Cardinals Thursday, September 11th

Let's go to the Great American Ball Park in Cincinnati on **Thursday, September 11th. Game will start at 12:45pm. Cost of the trip will be \$75, due August 22nd.** The bus will leave the Jasper Armory at 8:30am with pickups in Huntingburg and Ferdinand upon request. With the potential of rain and/or very warm temperatures, our seats in section 133 of the infield box are covered. **You may sign up by phone starting at 7:30am on Monday, August 4th.** As with all of our trips, each caller may sign up to four (4) Dubois County senior citizens.

5th Annual Healthy State of Mind

**Will be held Tuesday, September 9th
8:30 a.m. to 1:30 p.m.**

At Reflections in Huntingburg

There are great speakers, vendors and door prizes lined up for a fun and informative day!

Call the Habig Center to register for the day. There is a \$10.00 admission fee due anytime before the 9th.

RAINBOW MESSENGER

• **BIRTHDAY & ANNIVERSARY:** If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day.

• **BOOK SHELF:** Thanks to the generosity of so many, we have a great selection of books for you to borrow. They are located on the 2 bookshelves in the computer room.



• **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.

Anniversaries



1st John & Betty Gehlhausen

HAPPY BIRTHDAY



AUGUST

1st	Clara Hurm
3rd	Charlene Cooper
4th	Sarah Stenftenagel
6th	Mick Gramelspacher
7th	Marlene Segar
9th	Lovella Nigg
10th	Annie Bohnert
10th	Betty Schmitt
10th	Lilly Bauer
11th	Linda Blessinger
11th	Cathy Bradbury
18th	Jean Freyberger
19th	Fern Bonifer
24th	LaVerne Berg
24th	Virginia Schepers
25th	Virginia Mundy
25th	Mary Durcholz
25th	Andy Vogler
28th	Valeda Moeller
29th	Jesse McCarty
29th	Betty Heichelbech
31st	Shirley Kendall

Recipe Exchange



Marinated Vegetable Salad

Ingredients:

1 can shoe peg corn (drained)
1 can baby peas (drained)
1 can French style green beans (drained)
1 small jar pimentos (drained)
1 cup chopped green pepper
1 cup chopped celery
1 cup chopped onion
Add any other chopped raw veggies you would like such as broccoli, cauliflower, red pepper, carrots...
1/2 cup vinegar
1 cup sugar
1/2 cup oil
1 teaspoon salt
1 teaspoon pepper

Directions:

Combine: vinegar, sugar, oil, salt & pepper in sauce pan and bring to a boil. Cool. Pour over vegetables and mix. Refrigerate.

Submitted by: Marlene Hochgesang

Have a good recipe to share? We would be happy to publish it.